Autumn / Winter Menu Week 3

31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Halal Main Meal Option	Chicken Sausages, Mash & Gravy	Chicken Goujons with Home-baked Potato Wedges	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Vegetable Pizza with Pasta Salad	Fish Fingers & Chips
Vegetarian Meal Option	Quorn Sausage, Mash & Gravy VG	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes'	Vegetable Lasagne	Crispy Vegetable Fingers & Chips VG
Vegetables	Sweetcorn, Baked Beans & Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	Garden Peas, Baked Beans
Baked Jacket Potatoes	Freshly made Sandwich with Cheddar or Tuna Mayonnaise	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.